



Dracut Council on Aging Newsletter

OCTOBER 2013

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

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E-Mail: councilonaging@dracut-ma.us

Autumn in New England is an experience like no other. Mother Nature is quite clever in October, she cools the air till its crisp but softens the blow of winters' approach creating fiery vistas along our back roads, hillsides and shorelines. As the scenery turns to the colors of sunset, leaf peepers will flock to country fairs, apple festivals and Jack O' lantern contests. It's a local tradition, touring and exploring autumn's roads and craving cold cider with warm donuts. All the while we're relishing Mother Nature's last burst of color before she settles down. This month our calendar is choc-full of programs, events and information on important senior matters. We will hold a SHINE presentation on Thurs. the 17th at 10 am on the new Medicare changes for 2014. Representative Colleen Garry will hold office hours on Mon. the 21st at 10:30 am. The Dracut Board of Health will hold its 2013 Flu Clinic on Sat. 26th at the Lakeview Jr. High School from 8am-2pm. We will provide transportation to the Flu Clinic. Please call the center by Thurs. the 24th if you need a ride to the clinic. The Fuel Assistance program will begin in November. Appointments can be made this month. Please see this issue for more information on eligibility. Our veterans will be meeting for breakfast on Tuesday the 22nd at 9 am. All Veterans and their spouses are welcome. Starting Oct. 3rd we are offering a MVNP FREE BREAKFAST of oatmeal, muffin and smoothie. Milk is 50 cents. Please sign up with Debbie for breakfast and let the office know if you will need a ride to the center. Breakfast will be served from 8:30am till 9:00am. The MVNP will serve a special site meal of Beef Burgundy on Thurs. the 17th at 11:30, please sign up with Debbie by Oct 10th. Beacon Hospice will hold a five week support group on Healing Our Hearts. On Monday mornings 10:00 am-11:00 am, starting Oct 7, 21, 28, Nov. 4 and Nov. 28. These groups have shown to be very helpful during one's time of loss. The Second Annual Fashion Show "Beautiful at Any Age" will be held on Tuesday the 29th at 12 noon sponsored by the Friends of the Dracut Elderly Inc. Tickets are on sale for \$3, refreshments will be served. Join us for Friday's Quick Trips for lunch and shopping. This month our travels will have the added dimension of fall's colorful backdrop to enjoy. Wal-Mart and T-Bones on the 4th, Dollar Tree in Methuen and Changhai in Dracut on the 11th, Ocean State Job Lot and Alfresca Ristorante on the 18th and the Pheasant lane Mall and Food Court on the 25th. Don't forget our extended hours till 6pm this month are on Monday Oct. 21 and the 28th. We'll be open for tours and information on all our programs at the Dracut Council on Aging, Dracut's Center for Healthy Aging.

Executive Director, Joyce Shadan

COUNCIL ON AGING STAFF

Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Charlene Bennett, *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CII*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fleury
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm
Second and Fourth
Monday open till 6pm

October 2013

Turning in your car keys? Not many like the idea of giving up their car keys and fear losing their independence. There are multiple reasons why senior (and non-senior) are faced with this issue every day. Some conditions that may impede your driving abilities are: vision loss/low-vision, dementia, slowed reaction time due to a physical condition or advanced age, glaucoma, stroke, ect. It's a hard decision, but there are alternatives to help keep your freedom to do things and to be safe.

Donna Houston, Outreach Coordinator

Welcome fall and all the beautiful colors it brings. Try to get out and enjoy the fall weather, don't forget to visit us at the center. Take a tour, sign up for a class, stay and watch a newly released free movie and enjoy some popcorn.

Judy Gilbert , Social Services/ Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # , speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels. **Driver's urgently needed for the Meals on Wheels Program.** Training will be given to drivers on each route. A stipend is given to drivers. Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at a NEW PHONE NUMBER—978-957-2611**

OCTOBER SPECIAL SITE MEAL

Thursday Oct.17th at 11:30

Beef Burgundy, white rice, peas & carrots. Please sign with Debbie by **Oct.10th** by calling **978-957-2611** \$2 donation is suggested.

Dracut Senior Center

NEW: Extended Hours . The second and fourth Monday of each month open till 6pm.

For October, Only open till 6pm on the 21 & 28th.

Learn more about our programs, services and events. Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Meals on Wheels. Fuel Assistance, AARP Tax Prep, COA Library. Other general information and volunteer opportunities.

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Wal-mart*, banking, nursing home visits & other locations. The fare is \$1 each way and **bus ticket for 20 rides are \$18. You may purchase bus ticket from bus driver.** Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell

VA & Village Square Chelmsford -\$3.00 one way;

\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Oct. 3rd. & 23rd.** Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging 951 Mammoth Road

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitor-
and personal consultation. **Blood sugar testing (3rd
Thursday at 2:30 pm) for known Diabetics.** 100% OF
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF
VNA SERVICES.



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DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings: Wed. Oct. 9th & 23rd. Harvest Dinner Dance at Lenzi's on Oct. 16th.**

A bingo game is held right after the meeting.

Annual dues are \$2.00 payable on meeting days.

Please call Mary Rowe for more info @ 978-697-6605

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @www.needymeds.org. download, print, clip
and save.

Second Hand Rose

Thrift Shop - Open Daily

Dracut Council on Aging

951 Mammoth Road

Donations of new or gently used, clean
items arrive almost every day and are
greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

THANK YOU TO

Elissa Tap for planting our mums, they
look beautiful.

OCTOBER

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	9:00... Grocery Shopping 9:00-10:00.....Energetics 9:00-10:00.....Art Class 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 1-2.....Bone Builders 9:30.....Shine 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10-11.....Bone Builders 9:30-12...Quilting Group 10-12... Veterans Agent 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00.. Walmart & T-Bones 12:00... Cribbage 1-2.....Bone Builders 1:00.....Reiki
7	8	9	10	11
8:30-9.....Free Breakfast 10:00.....Bone Builders 10-11.Bereavement Group 1:00.....Bingo 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00... Grocery Shopping 10:30... Bone Builders 12:00. Movie: The Heat 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 1-2.....Bone Builders 1:00.....Senior Citizen's Club Meeting 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:30-12...Quilting Group 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00.. Dollar Tree & Chang-hai in Dracut 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
14	15	16	17	18
CENTER CLOSED FOR HOLIDAY COLUMBUS DAY	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00... Grocery Shopping 10:00.Affordable Hearing 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:00.Senior Club Harvest Dinner,Lenzi's 1-2.....Bone Builders 2:30: DCOA Board mtg 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-11:00.....Energetics 9:30-12...Quilting Group 10-12.....Veterans Agent 10:00 Medicare 2014 10:30.....Bone Builders 11:30.Special Site Meal 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00..Ocean State Job Lot & Alfresca Risorante 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
21	22	23	24	25
8:30-9...Free Breakfast 10:00.....Bone Builders 10:00..Bereavement Group 10:30Rep.Collen Garry office hours 1:00.....Bingo 1:00.....Reiki Center Open till 6:00	9:00.. Veterans Breakfast 9:00-10:00.....Energetics 10:30. Fashion Show Dress Rehearsal 9:00... Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8;30-9.....Free Breakfast 9-11Beginners Computer 9:30.....Shine 10-11 1-2 Bone Builders 10-11.....Tai Chi 1-2.....Bone Builders 1:00...Senior Citizen's Club Meeting 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:30-12...Quilting Group 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00.. Pheasant Lane Mall & lunch at the food court 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
28	29	30	31	
8:30-9.....Free Breakfast 10:00.....Bone Builders 10:00..Bereavement Group 1:00.....Bingo 1:00.....Reiki Center Open till 6:00	8:30-9.....Free Breakfast 9:00.....Energetics 9:00... Grocery Shopping 10:30.....Bone Builders 12:00..... Fashion Show 1:00.....Reiki NO MEALS TODAY STAFF TRAINING	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 1-2.....Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10-11.....Veterans Agent 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill

Oct. 2, 9, 16, 23 & 30th

Wednesdays 9:00-11:00

\$15.00 for 8 Week Course

FREE QUILTING GROUP

Thursdays 9:30am—12:00pm

ENERGETICS

With Elaine Corsetti

Oct.1—Oct.31

Tuesdays & Thursdays

9:00 –10:00

\$20.00 per session

TAI CHI

With Connie Rock

Oct. 2, 16 & 23rd.

10:00—11:00

\$35 for Six Week Course

ART CLASS

With Stella Pappas

Oct. 1, 8 & 15th

Tuesdays at 9:00 am to 11:00 am

\$40.00 per 8 week session

Sponsored in part by a grant from the Dracut Cultural Council

BONE BUILDERS

FREE

Helps increase endurance & strength with activities to improve balance & to prevent falls.

Warm up exercises, stretching. Class uses weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

1:00-2:00 Wednesdays & Fridays

Please call Judy Gilbert for any info on any of the classes. @ 978-957-2611

Lift Your Spirits

REIKI

Appointments are 1:00 & 3:00pm

each session is 40 minutes

\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies.

Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the center to make an appointment.

@ 978-957-2611

**NOTE: PLEASE PAY FOR CLASSES WITH
A CHECK MADE OUT TO:**

The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. **Call the COA office at 978-957-2611**

BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am \$2 a class

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hours.

Group jigsaw puzzle, chess and scrabble board in the library.

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for **\$3.00**

In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center.

UP COMING EVENTS IN OCTOBER

Introducing our new FREE BREAKFAST PROGRAM: Oatmeal, Fruity muffin, Orange Smoothie. Cost is 50. for milk. **Starts Oct. 3rd.th at 8:30-9am. Call Debbie to make a reservation today! @ 978-957-2611. Please let the office know if you need the bus for breakfast.**

DINNER & MOVIE

Tuesday Oct. 8th at 11:30

Dinner: Veal Patty, Ziti & Marinara Sauce. **Call Debbie at** two days in advance to reserve your dinner. **NEW # 978-957-2611**

MOVIE: The Heat at Noon Rated: R Strong
Adult Language **Genres:** Action, Comedy
Staring: Sandra Bullock & Melissa McCarthy
Popcorn & Drinks Served

HEALING OUR HEARTS

Beacon Hospice w/ Lou Bonanno

If you have lost a loved one and feel lonely, sad and uncertain of the future, come join our 5-wk. bereavement support group and begin your path to healing by connecting with others in a supportive environment. The group will meet on Monday mornings. **10:00-11:00am. starting on Oct 7, 21, 28 and Nov. 4 & 18th.**

Affordable Hearing, Hearing Clinic
with Christopher Streeter Tuesday Oct. 15th
10am –12pm

Free Hearing screening, evaluations, hearing and maintenance and cleaning, minor hearing, aid repairs **Please call for appointment at 978-957-2611**

FUEL ASSISTAANCE PROGRAM 2013

Annual Household Income Guidelines

Household Size	Maximum Gross Income
1	\$32,065
2	\$441,932
3	\$51.798

Please call for families with more than 4 members, for gross income guidelines. Program Period: Oct 2013 to April 30, 1014. Please call the center for an appointment at 978-957-2611

Quick Trips for October 2013

Friday-Oct.4th.....Walmart & T-Bones in Hudson
Friday-Oct.11th...Dollar Tree in Methuen & Changhai in Dracut (Chinese Food)
Friday-Oct.18th...Ocean State Job Lots & Alfresca Ristorante
Friday-Oct.25th...Pheasant Lane Mall & lunch at food court

SHINE PRERESENTATION

ON MEDICARE 2014 w/ Susan Cripps of Elder Services. Thursday Oct. 17th at 10:00am

Are you aware of Medicare changes for 2014 and how they will affect your coverage? Join us for this informative session.

Representative Colleen Garry
office hours **Monday Oct.21st at 10:30 am**

VETERANS BREAKFAST

Tuesday Oct. 22nd at 9:00

Sponsored by Steve Coravos in memory of his father
Aristides Coravos US Army

All veterans and spouses are welcome to attend.

FASHION SHOW DRESS REHEARSAL

Tuesday Oct. 22 at 10:30

Dracut Board of Health

2013 Seasonal Flu Clinic, Saturday, Oct. 26,2013
Lakeview Junior high School, bring insurance cards.

Call Dracut BOH at 978-453-8162

If you need the bus please call before Thursday, Oct. 24th. at -978-957-2611

2013 FASHION SHOW

Tuesday Oct.29th at 12noon, Tickets are \$3

Lunch will be served at 12:00, Fashion Show to follow.

Dracut Veterans Agent Bill Zounes

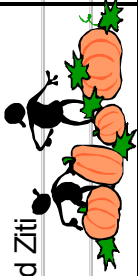
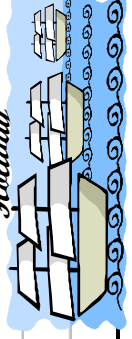
Will hold office hours at the senior center every other Thursday from 10Am-12noon, starting Oct.3, 17th & 31st. He will be available for any questions, issues or concerns regarding veterans and their spouses.

Please Note: Copies of this newsletter are placed in the following locations:

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

MVNP (978) 686-1422

October 2013 Client Menu

30-Sep	1-Oct	2	3	4
Cheeseburger	Apple Juice	Beef Stroganoff	Chicken Breast	Fish a la Ritz
Ketchup	Chicken, Broccoli and Ziti	White Rice	with Gravy	Roasted Red Potatoes
Potato Skins with Chives		Scandinavian Vegetables	Cranberry Sauce	Peas and Carrots
Coleslaw			Sweet Whip Potato	Toss Salad/LS Dressing
Sour Cream			Country Blend Veggies	
7	8	9 High Sodium Meal	10	11
Chicken Marcella	Grape Juice / Veal Patty	LS Hot Dog	Roast Turkey with Gravy	Baked Salmon
Red Bliss Whip Potatoes	Ziti & Marinara Sauce	Baked Beans	Cranberry Sauce	White Rice
Peas & Carrots	Parmesan Cheese	Mustard & Relish	Herb Whipped Potatoes	California
	Green and Gold Beans	Kernel Corn	Tuscan Blend Veggies	Blend Veggies
14 No Meal Served	15	16	17 Birthday Dinner	18
<i>Columbus Day</i>	Chicken Meatballs	Baked Macaroni & Cheese	Grape Juice	Stuffed Shells
	Marinara Sauce	Zucchini and	Chicken Tangerine	Marinara Sauce
	Potato Wedges	Stewed Tomatoes	White Rice	Green & Gold Beans
	Kernel Corn		Peas & Carrots	Parmesan Cheese
21	22 High Sodium Meal	23	24	25
Baked Chicken / Supreme	Baked Turkey Ham	Chicken Dippers	Beef Meatloaf with Gravy	Cheese Lasagna
Sauce / Cranberry Sauce	Pineapple Ginger Sauce	Sweet & Sour Sauce	Red Bliss Whip Potatoes	Marinara Sauce
Whip Potatoes & Chives	Whip Sweet Potatoes	Potato Wedges / Corn	Mixed Vegetables	Parmesan Cheese
California Blend Veggies	Broccoli Cuts			Broccoli & Cauliflower
28	29	30	31	1-Nov
Breaded Chicken	Swedish Meatballs	American Chop Suey	Roast Pork	Potato Crunch Fish
Cranberry Sauce	Garlic Whip Potatoes	Kernel Corn	Gravy	Rice Pilaf
Herb Whip Potatoes	Succotash		Red Bliss Whip Potatoes	Green Bean & Tomatoes
Peas and Carrots			Mixed Vegetables	

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

